



## ***Phab Winter Newsletter***

***Phab inspires and supports disabled and non-disabled children, young people and adults to make more of life together - breaking down community barriers, reducing social isolation, and creating opportunities for all involved to enjoy the same activities and challenges side by side.***

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### ***It's Going To Be A Phab Year!***

***"Here at Phab HQ, we're all super excited about planning our year ahead. We are particularly looking forward to meeting more Phab Clubs and learning about your plans in 2023. We want to support our Phab Clubs to thrive by listening to your needs and growing our Phab Club network across the UK. We also want to grow our network of charity partners, like the amazing [Freedom in the Air](#), to offer a range of Phab Experience Days for everyone to make more of life together.***

***This month we are launching [The Phab Lottery](#), where you can win £1000 every week, whilst helping Phab to fundraise and offer more to our wonderful Phab Clubs. In February we have lots of Challenge events to get us all moving more, including the Tatton 10k and the Wimbledon Common Half Marathon.***

***March brings the arrival of Spring, hurrah, and Mik and Dawn will be meeting with our Phab Club Leaders to learn more about what's happening this year in our Phab Community. There will be a series of online events with our new CEOs, plus Mik and Dawn will be arranging to come and meet you in person throughout the year.***

***This month also showcases [International Women's Day](#) and [National Carers Week](#), and we'll be sharing stories and supporting these important awareness campaigns, along with others. We also look forward to seeing you at the [Kidz to Adultz](#) events across the UK, the first one is in Coventry in March 16th.***



**Easter arrives in April and Phab HQ have many [Challenge events](#) this month to burn off all those Easter Eggs. Events include The TCS London Marathon 2023 and the Inflatable Challenge at**

**Donnington Park. We'll bring you more updates on The London Marathon 2023!**

**In May and June we'll be getting ready for our Flying Days with the incredible [Freedom in the Air](#) charity, who will get you all flying a plane! Then we're packing our bags to go to a Phab Residential! We'll be celebrating our amazing volunteers during [Volunteers Week 2023](#) and sharing stories about their wonderful work and the incredible impact they have. We couldn't do it without them. We're back to another [Kidz to Adultz](#) event, this time in the South at Farnborough on the 16th May, shouting about all things Phab!**

**Get set for July! It'll be a hot, hot, hot month with Phab being front and centre at these exciting events. Save the dates 6th & 7th July at [Disability Expo](#) at [Excel London](#), [Parallel Windsor](#) and [Disability Awareness Day Warrington](#). Phab HQ will host fun zones at these events, and we want you to come, meet other Phab Clubs, network, have fun and show off!! We're launching a new look and feel brand for Phab too, to showcase how important Phab Clubs are for inclusion in Society. More on this later...**



**We'll have a little bit of rest and relaxation in August, but not for long as we have our Volunteer Awards Ceremony at The House of Lords in September, where we'll meet the winners in person and present their certificates. So exciting! We can't wait to meet everyone and celebrate your wonderful achievements. It's [National Inclusion Week](#) in September too and again we'll be supporting this important campaign. Inclusion is Phab!**

**October and November bring [World Mental Health Day](#), [International Men's Day](#) and [Disability History Month](#) and we'll be attending events to promote Phab across the UK that are celebrating these important campaigns.**

**Our Volunteer Awards 2024 will be held in December and bring a wonderful, heart-warming close to the year. We look forward to all the exciting times ahead and to meeting you all very soon."**

**All best wishes,  
Mik and Dawn - Phab Co CEOs**





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## The Phab Awards 2022!

*On the 18th December 2022 Phab hosted it's fifth virtual event,  
The Phab Awards 2022!*

*Each event is hosted by a different Phab club or organisation,  
and this year we were off to the [Phabulous Cafe](#) in Southend on  
Sea! [The Phabulous Cafe](#), alongside selling some delicious food,  
is a training centre for local people with additional needs to gain  
skills, experience and confidence in the food industry.*

*Watched by Phab members and supporters, this fantastic virtual  
event showcased different Phab clubs, supporters and the work*

***Phab achieves. Most importantly, it focused on our incredible nominees and winners of the Phab Awards.***

***For the Lord Morris Award, which recognises outstanding contributions to the development and promotion of Phab's aim of inclusion through schools, colleges and universities; our winner was Sophie Lodge from [Yarm Phab](#)!***



**For our Louis Goldberg Award, which is awarded to outstanding volunteers under the age of 26, our winners were brothers Luke & Cameron from [Isle of Man Phab](#)! Our special commendation was awarded to Fran Sims from [Kaos Phab](#).**

**Our Paul Hope Award, for again outstanding volunteers, however over the age of 26, was awarded to Helen Williams from [Oxford Phab](#)! Our special commendation was awarded to Bradley Wilson from [Spring Into Phab](#).**

**A massive congratulations to all of our winners and nominees, as well as a huge thank you to our amazing volunteer crew, our brilliant presenters Natalie Osborne & Mik Scarlet, and the wonderful [Phabulous Cafe](#) for hosting the event and taking part! A big thanks also to Juggy from [Specialist Vehicle Rental](#) for**

donating the Christmas Hamper for our festive competition.

To learn more about our Phabulous nominees and winners and the Phabulous Cafe, you can now watch the awards back on [YouTube!](#)



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## Phab's Chichester Fun Weekend 2022!

"From the 25th - 27th November Phab were incredibly pleased to finally return to the [Chichester Park Hotel](#) for our biennial fun weekend! This was our first mass Phab Club event since before Covid struck, so the fun was long overdue!

Phab were joined by 100 club members from [Oxford Phab](#), Unity 70 Phab, [Leatherhead Swans](#), [Hounslow Phab](#), [Uckfield Phab](#), [Harlow Phab](#), Chelmsford Phab and [Woking Phab](#), where everyone got



**stuck in enjoying a huge range of activities!**

**On the Friday arrival, everyone watched the England v USA game in the World Cup via a giant screen set up, though sadly there were no goals!"**



***We all took part in activities on Saturday and Sunday, and partied well into the night both evenings! Opportunities on offer included an animal experience with [Animazing](#), Archery, Boccia, Arts N Crafts, a Makaton session, Basic First Aid, Laughing Yoga, Zumba with [BodyFit by Mel](#), Air Hockey, Pool and more! We also met with Phab Club volunteers to discuss the future of Phab and hear clubs ideas.***

***We had a fantastic DJ and host [DJ Lee](#), who provided singing, a photo booth, karaoke as well as some fun activities Sunday morning. We then finished our weekend with a relaxed Sunday lunch before heading home. A huge thank you to all of the clubs attending and organising, we will be back in 2024!***

**George Whittingham - Phab Social Media Executive & Club  
Advisor**



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## **The Phab Lottery!**

***Have you heard? We have a brand new Phab Lottery! For just £1 a week, you have the chance to win £1,000 plus other cash prizes, every single week! Proceeds from the Phab Lottery will help [Phab](#) continue our vital work; running Holiday Projects, supporting Phab Clubs, and organising other fun inclusive events. For more information on how to take part, follow the link below!***

## Phab Lottery - How to take part!

**Playing our lottery gives you  
a chance to win a cash prize  
whilst also supporting our charity!**



Phab National changes lives by enabling disabled and non-disabled children, young people and adults to make more of life together - reducing social isolation and creating opportunities for all involved to enjoy the same activities and challenges side by side. We work in partnership with other charities to widen the opportunities for disabled people to get involved and try something new, learn new skills, have fun, build confidence and independence. We encourage our members to set up Phab Clubs in their own areas.

Around 130 Phab Clubs across England and Wales, enable their 8,000 members, to get together with friends and family for activities and social events. Some Clubs meet each week, with members enjoying each other's company and different activities including trips out to the cinema, bowling, sports events or a night out on the town! Phab Clubs have also been set up within Universities and Schools which are run by their students where everyone can learn together.

Phab Clubs can make a real difference to the lives of disabled and non-disabled people, their families and their wider communities. And



Regional and National events organised by Phab bring local Clubs and Members together to share experiences, support each other and enjoy time away together.



The Phab Lottery is a beneficiary of the Heartbeat Lottery. After the deduction of prizes and reasonable expenses the good cause money of your ticket will be used to fund the work of Phab.

Promoter: Heartbeat, Sir Tom Finney Way, Preston, PR1 6PA.  
Registered Charity Number: 1168850.

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# WEEKLY LOTTERY

**Your chance  
to win one of 50  
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every week!**

**JOIN NOW!**



## ***Jo & Vicky, Welcome to Phab!***

***Phab are incredibly pleased to welcome two new members of staff to the team, Vikki and Jo! Here's some information about our two new wonderful additions to the team below.***

***"Jo Rixon has started working with Janine Williams as Charity Support Officer and will be assisting with fundraising for the challenge events.***

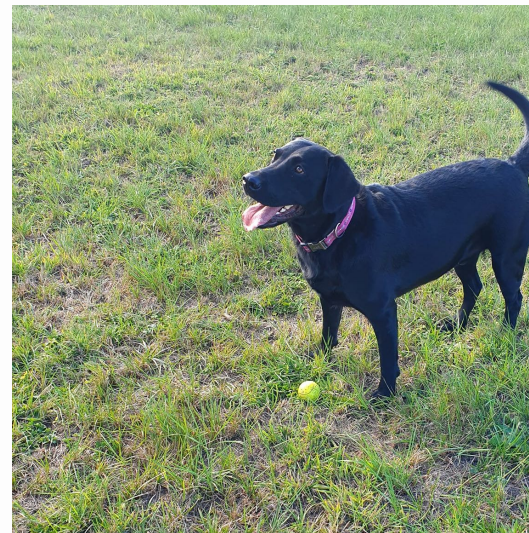


***Although Jo is originally a Yorkshire lass, she moved South eighteen years ago now resides in East Sussex with her husband and their three-year-old fur baby, a black Labrador called Freya.***

***Jo has a wealth of experience in administration and Personal Assistant roles and has over the last 3 years worked at a local SEN Residential home/school for children and young adults. A total curveball from admin roles but Jo enjoyed this immensely and learned a lot of new skills from working with those with disabilities.***

***Jo used to really enjoy running and was a member of a local running club. She undertook several half marathons but unfortunately her health put an end to running before she had the chance to run a marathon. These days Jo enjoys walking in the countryside with Freya when she is not at work."***

***Jo Rixon - Charity Support Officer***



***"Vikki joins the Phab team as a freelancer to provide administration support for our National Projects and Development Manager, Finance and Administration Manager and Fundraising Manager.***

***Vikki has two sons: Declan who is a big lover of theatre whilst studying Classics at Cambridge University, and Thomas who is studying A-levels and is a Burnley Football Club season ticket holder along with Vikki.***

***Vikki started her career as a dance and fitness instructor later becoming an adjudicator. During this time, Vikki ran several events including big competitions in the UK and abroad, as well as dancing-themed holidays.***

***After 20 extremely enjoyable years as a Dance and Fitness instructor, Vikki went on to spend eight years working in a Special school in Oldham, as office manager, but her love for dancing and running events continued as she worked on charity balls, charity fashion shows and children's dancing classes at lunchtimes. Vikki continues to enjoy organising other charity events and works with several charities including working as a Training Coordinator delivering sex and relationship training to adults with a learning disability and/or autism. Vikki also works in a private venue as Events Planner and at a tuition centre as Operational Manager and SEN Support.***

***Vikki is now determined in her goals to "achieve something and make a real difference," and is looking forward to learning more about Phab and how she "can be of some help to this amazing***

**organisation”.**

***Vikki Boyd - Administration Assistant***



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## ***Phab Challenge Events!***

***Why not take up a Challenge for Phab or raise funds for your local Phab Club?***

***Did you know that Phab has access to over 750 exciting events all over the Country? You can take a peek at all the challenges we have on offer [here!](#)***

***We have assault courses, bungee jumps, 10k runs, half marathons and even full marathons. Perhaps as a company you fancy a Corporate Marathon Challenge in Paris, London, or***

***Manchester; or even a Corporate assault course?! We can even provide the corporate vests!***

**We now also have a new fundraising initiative for Phab clubs, where we can help you secure places locally so that your contacts associated with your club, can compete in an event and the funds can come directly to you. We'll also support you with all your registrations, making it as easy as possible!**

**So for any information, please get in contact with our National Challenges Events Manager Janine Williams at [janine@phabkids.co.uk](mailto:janine@phabkids.co.uk) or call 01825 749826**



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## ***Akbar from Bradford Phab meets the Princess of Wales!***

***"My journey with [Phab](#) started almost 30 years ago when our family was referred to a Phab club by my brothers SEN school.***

***My two brother's battle with muscular dystrophy inspired a lifetime of volunteering for me; and sadly when they passed away at the young age of sixteen, I didn't really want to give up going***



***to Phab so I continued supporting the club, became a leader and today stand as the clubs Chairman for the past 12 years. I wanted to give something back and it just transpired from there.***

***I was fortunate enough to be invited by Her Royal Majesty the Princess of Wales to Windsor Castle in November, and then to Westminster Abbey in December for the [ITV Royal Carols Together](#) at Christmas Programme; which aired on Xmas Eve. There were three of us that had been chosen from across the country, people who had gone above and beyond in the last few years in terms of supporting their communities. They wanted to talk to me about my volunteering and how Bradford Phab helped people with food parcels at Christmas.***

***After filming took place me and my twins were invited to be amongst the star-studded crowd at the Royal carol service. Whilst it's nice to be recognised and held in such high esteem, I always say we don't do it for our own self acclaim, we do it for the people we're supporting.***

***Our regular meeting night is on Wednesdays at 7pm till 8.30pm at the MAPA Community Centre, Coates Street, BD5 7DL and all our information can be found on our [website](#), our [Facebook page](#), [Instagram](#) and [Twitter](#)."***

***Akbar Khan - Bradford Phab***



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## ***Goodbye Martin - 30 Years of Phab!***

***"To All Phab staff, Volunteers and Club Members, from Martin Holdsworth. Phab has been such a major part of my life for nearly 30 years and I can't believe how quickly that time has flown by – yes I have finally retired!"***

***My previous working life was spent mainly in the Building Services industry, my last job before joining Phab as Financial Controller, was as Commercial Manager of a private limited company. Their major clients were the likes of Shell, BP, Texaco,***



***et al, but that all came to an end as a result of the First Gulf war,  
and that marked a turning point in my life.***

***I remember, as if it were yesterday, my interviews with John Corless, the late George Todd, and Peter Gooch, at Redwood (John's then country home). I had assumed that my job would be office based but it quickly became a real adventure, and a transformative one too, on top of the official job specification. In the course of my work, I travelled to the 4 corners of the UK on behalf of Phab England, as we were then, being part of the Phab Federation comprising England, Wales, Scotland and Northern Ireland. In those days, the Internet was in its infancy and it was in Phab Northern Ireland that I had my first introduction to it: things that are just routine parts of modern life were quite mind-boggling at the time.***



Then there were the Phab Conferences where I made many friendships including ones that have lasted to this day: sadly, some have passed away but the fond memories live on. I hope that some of the readers will remember the line and wheelchair dancing workshops and the Acts of Worship (possibly not so much the bookkeeping!). In Weymouth, the hotel set up a room for the Act of Worship, not expecting such a level of attendance, and more chairs had to be brought in. We raised the roof with the songs: a member of staff closed the door which I immediately re-opened! Oh what fun we had at the conferences, my abiding

**memories being part of a truly inclusive group.**

**A lot is talked about such things these days, but Phab was the pioneer and nobody did it better. Our motto “Making More of Life Together” says it all.**

**I shall treasure those memories for the rest of my life and remain deeply grateful to all who so warmly welcomed me into their lives, and opened my eyes to a whole new world.  
My love and best wishes to all, and for the future of Phab.**

**Martin Holdsworth**



**(Martin pictured above at Phab's 60th celebration event at Avon Tyrell - second from the right)**

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# ***TCS London Marathon 2023***

***"The 23<sup>rd</sup> of April 2023 sees the Phab runners starting their 26.2 mile journey from Blackheath. After their training this really is the 'victory lap'! The marathon has now moved back to it's regular slot of April. We are thrilled to have a large team in this event as usual, with many past runners using their own places to run for Phab. It is lovely to see that once a runner joins the Phab family, then it is not 'just a one off'.***

***Currently our runners are in full training mode, with their weekly countdown training links, sent every Sunday. These training links are delivered by a training professional, who we have used for many years. We would love to have more cheering points on the course. If you or your family, club members would like to support our runners on the day, then please do get in touch. We will kit you out in T-shirts and thunders stixs and banners. The only qualification that you will need is the ability to make some noise!***

***– simply email [janine@phabkids.co.uk](mailto:janine@phabkids.co.uk)***





***This year I am thrilled and delighted to announce that James Walton from Singapore is running his 25th consecutive marathon! We are so immensely grateful to James for his continued support, and look forward to welcoming James and all of our runners at our exclusive ‘meet and greet’ in St James’s Park. We are so fortunate to have this space and this is kindly donated by The Royal Parks.***

***James got in contact to share his story below."***

***"Hi, I'm James and I'm 45 years old. I did my first London Marathon whilst studying at Exeter University, my 2nd marathon was in 1998 and I ran on behalf of Phab. My 3<sup>rd</sup> marathon was for another charity but since 2000 I have ran on behalf of Phab. This year will be my 27<sup>th</sup> consecutive London marathon and my 25<sup>th</sup> for Phab.***

***I left the UK in 2002 to move to Prague. I then moved to Nigeria, Africa in 2008 and then in 2010 left Africa to move to Singapore. Besides running for Phab, I also run for a local charity where I live, each year so the Phab fundraising is only part of the total. I***

***always raise funds for both charities.***

***I have introduced several other runners to Phab over the years, Iain Child, Michael Clark, Wolda Grant, Greg Roussow and Lim Jia Yean.***

***Why did I choose Phab? My mother was disabled from childhood, unfortunately she contracted Polio and was paralysed from the waist down. I therefore, understood growing up as a child, what disability meant. As I got older I wanted to do my part in helping young people, overcome obstacles that were there because of their disability and wanted them to experience life to the full and have the opportunities my mother never got.***



***I currently work as the Chief Marketing Officer for Deloitte Southeast Asia. I am also an Asia Pacific Sports Sector Leader, which has given me the chance to give back to the community and use my past experiences to help bring about change. I was a member of the Singapore Government Committee that created***



***the nation's Disability Sports Masterplan and I was one of the lead partners for Deloitte's sponsorship of the 2015 ASEAN Para Games, this is the regional version of the Paralympics.***

***Marathon weekend is always a busy turnaround for me and has been for many years. Due to my work schedule, I fly in from Singapore on a 14 hour flight, arriving Thursday morning. Sunday I run the marathon and then have to get myself organised to get back to the airport in the evening to fly back out to Singapore."***

***James Walton - Phab Supporter and Marathon Runner***

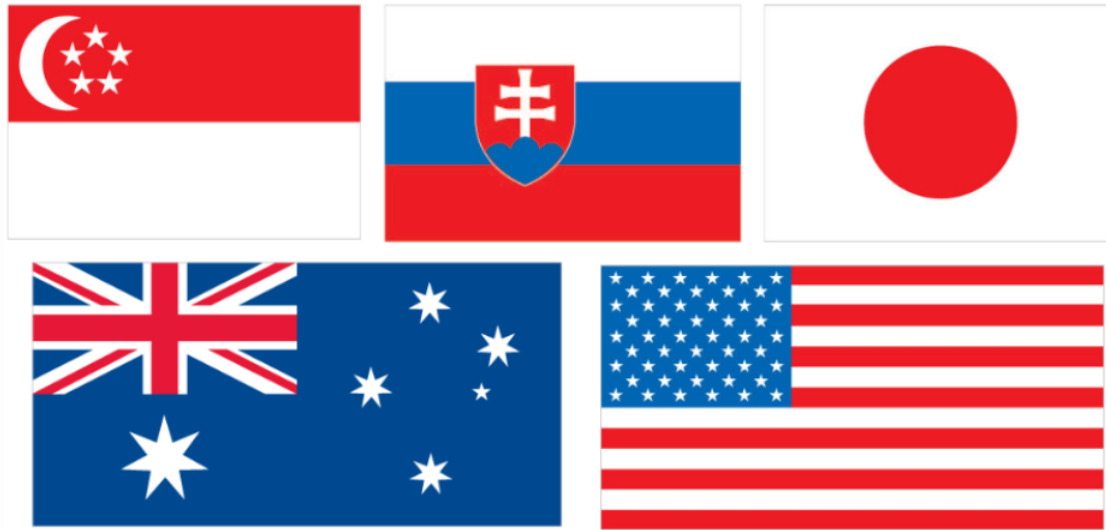
***"Phab are immensely proud and happy to have James run on our behalf and thank him for introducing other runners to our charity. We also thank him for his magnificent fundraising over many years.***

***We have a real international team this year, with runners from Singapore, The States, Australia, Japan, Slovakia and we look forward to meeting them all on the day. If anyone is interested in future London Marathons, please get in touch!"***

***Janine Williams***

***National Challenge Events Manager***

***01825 749826 or 07910 556588***



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## ***2022 with Unity Phab!***

***"2022 saw our club getting back into the swing properly, following the Covid crisis, and getting out and about again. We were faced with the prospect of finding new premises to meet in, as the council had doubled our rent and we also had problems, as our vehicle was deemed non LEZ compliant (although it was ok for 3 years in the ULEZ!) and a long and protracted battle with TfL ensued.***

***So, to start the year, we had a volunteer's weekend away in January to discuss matters, and have some fun at the same time. We hired a hostel in Suffolk, stocked up at a supermarket on the way, and had 4 days of talking over ideas, whilst we explored the local towns and resorts. When we returned, I found a smaller –***

***and much cheaper – meeting venue and set out to organise a year of trips and outings. (We also bought a new, to us, mini bus, but did get some compensation from TfL eventually, as they'd messed up)***

***We've managed four weekends away (A hotel in Eastbourne, another trip to the Suffolk hostel and to the Phab weekend at Chichester) and have enjoyed 20 outings, to a diverse range of places, including a steam railway (thanks to Simon at Oxford Phab for some helpful hints, as he's involved with the venue), the seaside, two boat trips along the River Medway and one along the Regent's Canal, three theatre trips, a trip to the Air Ambulance visitor centre with a great lunch in an old WW2 Officer's mess, a Fire Museum (with another excellent pub lunch), two afternoon cabarets with tea included, two zoo visits and several parties. Oh, and we took part in the local Parade of Lights carnival!***

***We've had lots of fun at all of these, and are looking forward to doing similar in 2023 – we've already got an afternoon tea, a panto, and another afternoon cabaret booked!"***

***Jackie Ames - Unity 70 Phab***



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## ***Yarm School's Phab Club***

***"We have had a great start to Phab Club this academic year. We have had a variety of different themed sessions this year so far, including a visit from some special animal guests last term. Phab Club members and Yarm School pupils had the opportunity to meet and find out about a range of species including snakes, tortoises, lizards when local specialists, Animal Story, visited us. Members have also enjoyed a 'Halloween' themed session where we decorated pumpkins and spooky biscuits and our last Phab session of 2022 was a Christmas party, where members and pupils enjoyed some Christmas themed arts and crafts, games and a visit from Father Christmas. Each Phab Club, it is lovely to see everyone getting involved in different activities, such as table tennis and twister!"***

***Our pupils spend an hour each week preparing for the club and thinking of fundraising ideas. This year the pupils have been raising money for the club with their Halloween sweets sale and through their selling of hot chocolate reindeer at the School's***

***Christmas Fair. They also organised the selling and delivery of candy canes to pupils and teachers with festive messages at the end of term.***

***Our club has grown in members since we started last year and we are always reaching out to the community to see if any other members might be interested in joining us. Everybody looks forward to Phab Club each fortnight. We are excited for the year ahead!"***

***Sophie Lodge - Yarm Phab***



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## ***Specialist Vehicle Rental and Phab!***

***[Specialist Vehicle Rental](#) and Phab are pleased to partner together to offer Phab supporters and clubs a 5% discount on any of their vehicle hires, simply follow the link and input the code PHAB05 for your discount!***

# SPECIALIST VEHICLE RENTAL ARE PROUD TO PARTNER WITH **PHAB !**



## Phab & SVR Partnership Offer:

5% Discount for you on any short, medium or long term bookings via PHAB promotion

£250 cash back if a vehicle is bought using an agreed PHAB code

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Lease option between 2yrs to 5yrs – an alternative to Motability but with a more personal/ bespoke service, a wider range of vehicle types and variable finance options that members can choose from.

Phab Promo 5% discount to customer & 5% paid back into the charity

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*If you're from a Phab club and would like to share some of your club news, please get in touch with George at [george.whittingham@phab.org.uk](mailto:george.whittingham@phab.org.uk)*

*We have recently changed the style of our Newsletters in order to make them as accessible as possible. If you have any comments about how you find reading it, please do get in touch as we would love to hear from you. In the future, we are hoping to include an audio description of the Newsletter, and have recently added in alt text for those using Screen Readers.*





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